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Club Swinging
By PROFESSOR TOM BURROWS.

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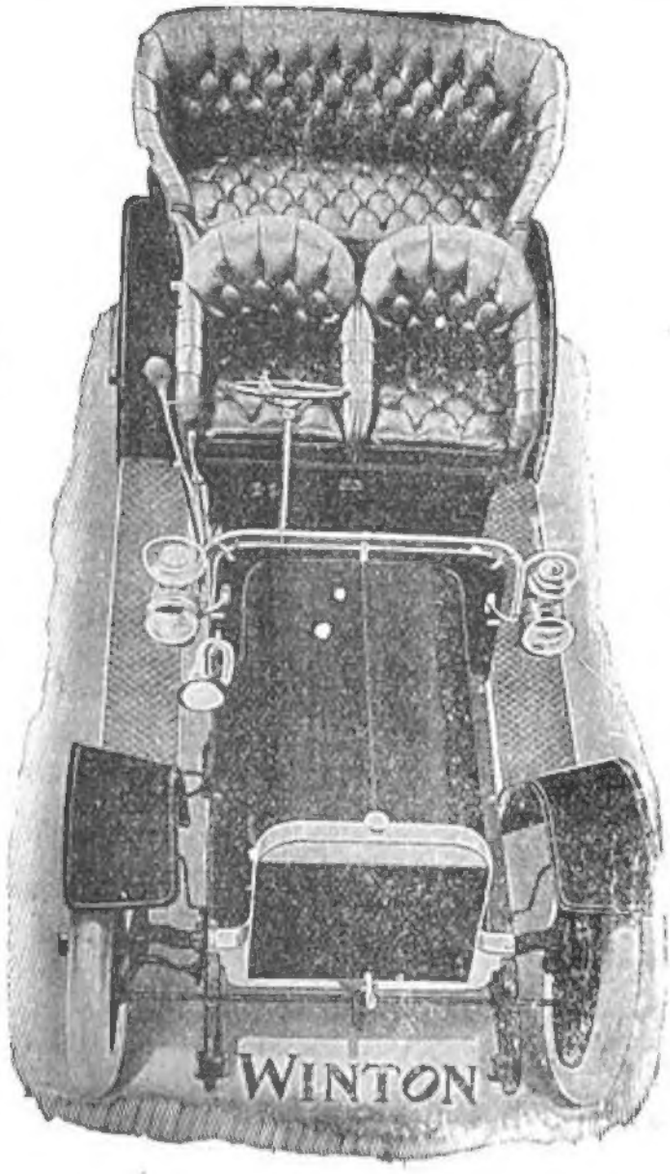

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Vol. XV. (New Series). AUGUST 24TH, 1905. No. 112.

Physical Culture.—Swimming as an Exercise.

By EUGEN SANDOW.

SEVERAL circumstances combine at this period of the year to make swimming a prominent pastime. But it is even more than this. Carried out under proper conditions, its recreative properties sink into insignificance in comparison with its claims as a physical exercise, and that is only one of the leading features of a pastime with which everyone, old and young, male and female, should be intimately acquainted. There is another point in favour of the art of natation which is an even stronger advocate perhaps than its physical properties, and that is as a means of saving life.

Year after year, as the holiday season comes round, we read and hear of cases of drowning more than at any other period, but now that swimming has grown more in favour amongst both sexes, we more frequently find instances where gallant rescues or attempts at rescue are recorded. For this improved state of affairs we are undoubtedly indebted to the work of that grand institution, the Royal Life Saving Society, which has done incalculable good in fostering the exercise with a means to an end. It set out with the object of encouraging the art of swimming amongst both sexes from an early age, with a

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view to saving life, and as a means of physical improvement, and they have certainly succeeded beyond all measure. It is rather a matter for wonderment that it should have taken so long for those responsible for the training of the younger generation to discover how necessary it is that all should be proficient in the art of natation, if only from the simple fact that here is an exercise with a dual claim, viz., the power of saving life and the acquirement of healthy muscular exercise. Why, until the last decade or so, it was deemed undesirable that women and girls should be allowed to take up the pastime, but all that is changed now, and it is a most encouraging sign of the times to find the sex entering heart and soul into this grand exercise.

Of course, like everything else that is good, one can have too much of it, so that a word of warning is necessary to those who find its seductive attractions so alluring as to tempt them to overtax their physical powers by the length of their stay in the water. Nothing can be more prejudicial than to outstay one's welcome in the watery element. It is as well to remember that we cannot all be Captain Webbs or his would-be imitators in staying several hours in the sea, as apart from the fact that those who go in for these long-distance swims have had a most careful preparation.

Mention of Captain Webb recalls to mind the fact that the famous conqueror of the Channel, after nearly twenty-two hours in the sea, first became prominent in the swimming world through a brave act of life saving. Whilst crossing the Atlantic on board the Cunard liner, "Russia," he jumped into a heavy sea in the endeavour to save the life of a sailor who had fallen overboard. He was battling with the huge waves for nearly forty minutes before the ship's lifeboat came to his assistance. This was in 1873, and was the forerunner of many such noble acts on the part of Webb ere he lost his life in the foolhardy attempt to swim through the Whirlpool Rapids at Niagara Falls on July 24, 1883. For the act mentioned Webb was presented by the Duke of Edinburgh with the first Stanhope medal ever awarded.

Whilst these long-distance swims may to some extent be commended, in that they create an interest in the art of natation, I do not think they are to be encouraged, on the grounds that they enter into the category which I have mentioned above "as too much of a good thing." Swimming more nearly approaches systematic exercise than any other pastime, in that the movements are studied and rhythmatical, whilst at the same time, much as in walking, a large proportion of the muscles are called into play. Thus there is always a possibility of overdoing it. We all know what happens if systematic exercise be indulged in to excess —what benefit might accrue is entirely lost. And so with swimming. I know of no other branch of healthy exercise which can appeal so strongly to both sexes alike, but at the same time know of none in which it is necessary to exercise more care. From time to time excellent advice by some of the greatest authorities has appeared in these pages, so that it is not necessary for me here to enter into that part of the question at all. Everyone knows what a keen advocate of the use of the bath I am, and it is for this reason, and the fact that the exercise is an excellent one, that I have devoted the space at my command this week to a few remarks on the subject of swimming.

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Hints on Club Swinging.

By TOM BURROWS

(Champion of the World).

Edited by F. NEVILLE PIGGOTT.

Cinematograph photographs specially for this series by R. W. Paul, 68 High Holborn, W.C.

II.

A SUMMARY of Tom Burrows' chief performances with the clubs may not be out of place. They are as follows :—

May, 1897, at National Sporting Club, London: Won Championship of England.

November, 1898, Melbourne Athletic Club, Australia: Won open Championship of Australia for fancy club swinging.

August 30, 1902, Good Hope Theatre, Cape Town: Swung a pair of 2 lb. 1½ oz. clubs 2,400 circles and movements, making 320 different combinations, without a point or break against him, in 12 mins. 19 secs. Continuing for the hour record, he swung 10,384 revolutions and movements, in which he displayed 1,193 different combinations and exercises.

October, 1903, at Johannesburg: Won Championship of South Africa, beating L. Papifus.

October 18 and 19, 1904, Arena, Montreal: Swung a pair of 4-lb. clubs continuously for 43 hrs. 6 mins. (American record).

At Philadelphia: Swung a pair of 4-lb. clubs for twelve days of 8 hours. each.

At St. George's Hall, London: Swung 4-lb. clubs for 47 hours without a stop.

At the Kursaal, Southend-on-Sea: Swung clubs, 2-lb. each, for 48 hrs. 10 mins. (World's record.)

Won Championship of Egypt, for fancy club swinging.

I have always felt that those about to take up that splendid exercise, club swinging, and even those who have mastered the rudiments, have been in want of something more lucid than the usual intricately dotted diagram which, up to the present, has had to do duty in explaining the various movements of the clubs. Eventually I hit upon the idea of illustrating the exercises by means of cinematograph pictures, and was fortunate in securing the co-operation of that eminent operator, Mr. R. W. Paul, of Holborn, W.C., who entered thoroughly into the spirit of the thing, with the result that I am able to place before my readers one of the most unique series of diagrams ever published.

Here you have, in a series of distinct photographs, the movement in its various stages from beginning to end, showing the exact position the clubs should be in at every point. In addition, you have the benefit practically of my personal tuition, which should enable you to perform the various circles, "glides," head and shoulder "rolls," and combinations without difficulty.

It will be necessary for the beginner to first of all gain a complete mastery of the revolutions which I call the Inward and Outward Circles. To simplify matters I will call every revolution of the clubs a "circle," which it really is, and all other movements I will designate "rolls" or "glides," whilst when speaking of a combination it will be understood that the two clubs making a circle in any position is meant.

There is one thing which is very important, and that is that all circles, etc., should be made with the arm and wrist, and not by using the "knob" of the clubs. Against this latter practice I cannot speak too strongly. It is utterly

useless as an exercise with a means to development, and in addition is sufficient to disqualify in competition. Not alone this—it is quite unnecessary, for one can perform the most difficult movements with the wrists and at the same time acquire the desired development of the arms and trunk.

PLATE No. V.

Photo *R. W. Paul.*

Outward Front Combination with Three Clubs.

PLATE No. VI.

Photo *R. W. Paul.*

Front Cross Roll with Three Clubs.

The first step towards becoming proficient in club swinging is to master the

"inward" and "outward" circles. To do these properly, hold the club so that

PLATE No. VII.

Photo *R. W. Paul.*

BUNCH OVERARM ROLL WITH THREE CLUBS.

the knob is pressed against the "heel" of the hand; do not grip it too tightly, or you will fix the muscles of the forearm. Let the clubs work with freedom,

PLATE No. VIII.

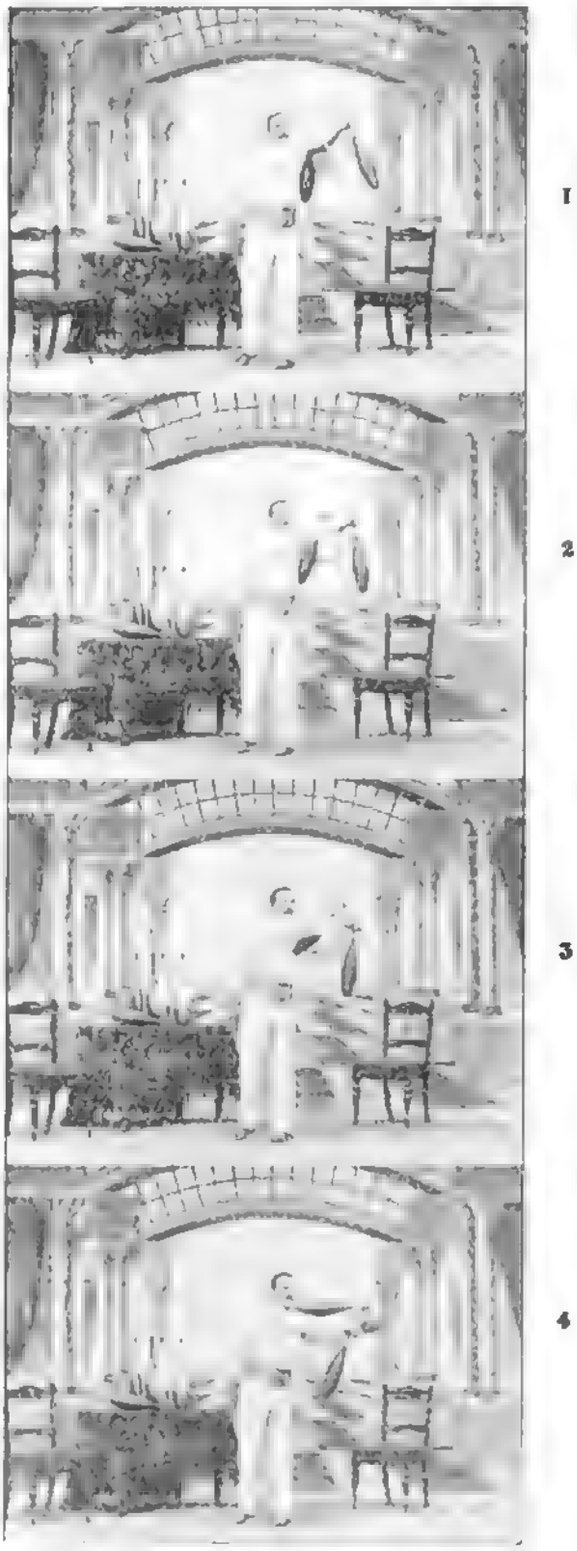

Photo *R. W. Paul.*

SIDE GLIDE WITH TWO CLUBS.

and the muscles will then soon become supple. It will also enable you to educate the opposing muscles to work in

harmony, with the result that the most difficult combinations will soon become quite simple.

In order to describe an "outward" circle, commence with the right hand club. Hold it by the side of the right leg, with the arm straight. Now carry it in front of the legs to the left, and upwards, until the arm is extended straight above the head, and continue downwards to the first position by the side of the right leg. This constitutes an outward front circle.

The "inward" circle is accomplished with the right hand in the reverse direction, *i.e.*, starting from the first position (club by the side of the right leg, arm straight), carry the club to the right upwards and continue until it is straight above the head. Then downwards to the left, pass the club in front of the legs, and assume the first position, and you will have completed an "inward" front circle.

Having mastered the outward and inward circle, the pupil will have obtained the keynote of almost every movement with the clubs, and by following carefully the directions given with each set of illustrations he should have no difficulty in carrying out the various movements therein explained.

Without further preamble, I will proceed to discuss and explain the various movements shown in the photographs. This explanation I do not intend to elaborate, as the pictures themselves show quite distinctly the positions in which the clubs should be at the different portions of the exercise. Take No. 1, for instance. Here we have a combination of glide and outward circle. This is accomplished by gliding the right hand club over the left arm so that it will roll over to the left whilst the right club glides under. To complete the movement you make an outward circle swing and so alternate the glide with an outward front circle. Of course, I need hardly mention that before the more intricate combinations which I shall describe can be accomplished, front swings, hip twists, back twists, and the ordinary circles must have been mastered in their various forms—outwards, inwards, parallel and windmill. Then these more complicated exercises will come quite easy.

Another thing to remember is the number of times a certain movement should be done. I always restrict the number to eight, sixteen, or thirty-two, and for this reason. Music is a most useful adjunct to club swinging, and if one becomes used to timing the movements as I have stated, he will be able to fit them in to a selection when performing in public. Waltz time will be found the most suitable for all purposes.

Set No. 2 shows what is known as a parallel roll or arm glide. You roll the right hand club over the left arm near the wrist until the position as seen in photograph No. 4, is assumed. You then glide the underneath club downwards and repeat the glide with the left hand over the arm.

In plate No. 3, we come to a position when a back circle becomes necessary. The movement illustrates a front and back circle combination. To accomplish this, make a lower front circle with the right hand club, and a lower back circle with the left hand club. In making the latter, turn the wrist so that the back of the hand is against the belt. To successfully perform the closing part of the movement, it is necessary to bring the elbow to the front first, and use the wrist as much as possible. Follow the positions shown in the plates and finish with an outward circle.

In the set No. 4 we have a cross club roll. This cross front roll has a pretty finish for a parallel combination. When the clubs are in the position shown in No. 1 of plate 4, cross the right club over the left quickly, keeping the clubs close together, and finish with a parallel front and back shoulder combination.

(To be continued.)

It is Mr. Borrows' intention, providing sufficient promises are forthcoming from subscribers, to publish the series of articles in book form at the popular price of 6d., and he would be pleased to receive the names and addresses of would-be subscribers as early as possible. They may be sent to the offices of the Magazine, 131, Temple Chambers, E.C.

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All you have to do
According to the pipe-
Dreams promulgated about me,
Is to have free use of a thumb
Or two, and you could
Put Yusef the Turrible Turrk
Out of commission in
Two shakes.
The supposition is, of
Course, that Yusef himself
Would be standing
Watching while you gently took his
Forty-inch leg between
Your thumb and finger and
Broke the bones.
Of course, Jeffries or Yusef
Or whoever else the innocent victim might
Be would be very much shocked and
Embarrassed by the easy
And ludicrous defeat. The task of
Rolling a cigarette or
Pushing little chickens
Into the babbling brook
Is hard manual labour and
Over-exertion compared with what
They say of the ease with
Which any one-lunged dwarf could
Have licked John L.
Sullivan in his palmiest
Days if I had been known at
The time.
I claim that it was not a
Sling, but a jiu-
Jitsu hold with which David
Killed Goliath, and that the reason
The King James version didn't
Say so was that the com-
Pilers didn't know how to spell
My name.
If I were a man I would go around
Selling gold-bricks to the
People who believe all that is
Written about me. I would
Also like to state
That Samson overthrew those
Temple pillars with jiu-jitsu, and
That the thing with which he
Killed all those Philistines was
Me instead of a jaw-bone.
I am the whole thing
Impossibilities are among
My easiest tasks.
I am the whole thing.
Jit-Su!

—*Baltimore American.*

FRANCE & PHYSICAL CULTURE.

By JOHN MACDONALD.

* * *

[The following impressions on the physical standard of young France are extracted from an article which appeared recently in the columns of "The Daily News."]

"NOT its 'fortifs,' but its men are the city's making." So remarks in my hearing a Deputy of the Palais Bourbon, adapting a well-known passage from classical antiquity to one of the burning problems of contemporary France.

Neither to Paris does he allude, though "fortifs" is a popular Parisian expression, and though her "fortifs" are worse than useless; nor to the fortresses on the Eastern Frontier, through the nationalist papers are swearing, seven days in the week, that the "Blocard" ministries have neglected them to a perilous extent. What M. Lachaud, Deputy for the Corrèze, has in his mind is the reinforcement of the Frenchman's bone and muscle and expansion of his chest measurement. "The physical regeneration of the French race," as his disciples—among whom must now be included three Cabinet Ministers—are calling it. Not, however, as the sole end, but as a necessary process in the formation of the complete man—the intellectual, moral, and physical man.

My Parisian friends profess surprise at the news that England is alarmed by the physical degeneration of her people, and that a national league has been formed to arrest it. They are less surprised to learn that a Bishop (his Lordship of Ripon), a member of the league, has described, as a development of Christianity, the physical culture movement promoted by the league.

They had been accustomed to regard England as the classic land, in modern times, of the athletic cult and the open-air life, and her people as a stalwart race that had achieved muscular salvation. Rather had they imagined that the English had cultivated their muscle at the expense of their brain. As an example of judicious co-ordination between physical culture and the education of the brain, Germany is their ideal, or the closest approach to it.

"We are two generations behind time," say they, in regretful allusion to Germany, "and when we did begin we did it in the wrong way. The Germans started upon the principle of a sound mind in a sound body. We started with the mind, and left the body to take care of itself. And yet, on the other side of the Rhine and on this, the reforming impulse had a like origin—it sprang from a crushing military disaster. National recovery was its purpose."

The reference in the foregoing is, in the first place, to the regeneration, physical and mental, which began in Germany within two or three years after her subjugation by Napoleon, and in the second place to the educational changes prompted in France by the war of 1870. Before this date, the Germans had had sixty years of systematic athletic training, the French none.

"Imposed upon by the European cry that it was the schoolmaster who won Moltke's victories," my French friends continue, "we concentrated our efforts upon elementary education. The result is that we are producing a physically weak neurotic race."

I could quote more to the same effect. But it is of more importance to note that the French interest, now fully awake, in "physical culture," is not inspired by the ambition to turn out a fighting nation. The muscular Christians of the French Republic want to turn out a nation that shall know how to fight if it must. There's a difference.

The French of the present day are the most pacific people in the world. They are interested in "physical culture" for what they call "social," "humane," "moral" reasons. Another observation—the degeneracy that alarms them does not arise from the sort of exhaustion which overtook France at the end of the Napoleonic era, because the flower of the nation had been slain in war. It is chiefly owing to the migration steadily growing since the Second Empire, from the country to the towns.

Between the movement now going on in England and that in France there are some resemblances and some differences. In England, great numbers of the clergy, established and Nonconformist, are concerned in it. According to reports I have read, most of the Bishops are members of the newly-formed League for Physical Education. In France the clergy have nothing to do with the growing movement in their own country.

Unlike the Bishop of Ripon, they do not preach the training of the body as a species of Christianity in practice. However, with the exception of the clergy, all classes of the French public—just like the workmen, the politicians, the doctors, lawyers, artists, authors, business men of England—are recognising the claim of physical education to rank as a national duty of supreme importance.

Another difference. Unlike their brethren in England, Cabinet Ministers in France are in their official capacity supporting the pioneers of the physical education movement. The Ministers of Education, War, and the Interior are enthusiastic for the cause. They have nominated an extra-Parliamentary Commission of twelve members to enquire into the systems of training in vogue among the athletic societies all over France, and to report upon them soon after the re-opening of the Chambers. Before the report is issued a Physical Education Congress will in all probability assemble in Paris. Dr. Lachaud, the Parliamentary Deputy whom I have already named, is Reporter to the Commission.

M. Lachaud is one of many delegates in the Palais Bourbon who hold that the "hygienic education" of the masses is a problem of infinitely greater importance than the colonial expansion of France. They would devote to it the public wealth which, they say, is more or less squandered in Madagascar and Indo-China. Their immediate object is the systematic establishment of physical education in the elementary schools and higher institutions.

The Army has nowadays become a good school for physical education. In the Army the elementary teachers—who, like every other class of the community, must serve their two years with the colours—will acquire the art which afterwards they will have to communicate to their pupils. What the Army can do for physical development is proved in a startling manner by results carefully recorded at the military school of St. Cyr.

They made a brave show, those young St. Cyrians, as they marched before the youthful King of Spain on the parade ground of Vincennes. And the Bourbon Monarch actually cheered them and cracked them up to the skies. They deserved it. But how astonished his Majesty would have been had he known what some of those healthy, robust, athletic youngsters were like the day they entered St. Cyr!

Some of them looked the sorriest weeds. The records of weights and measurements kept at St. Cyr show that some newcomers measuring five feet in stature weighed little more than five and a half stone. Before the youngsters had been sent up to St. Cyr their heads had been cultivated at the expense of their physique. They had become too "brainy." But they were caught—saved—in time.

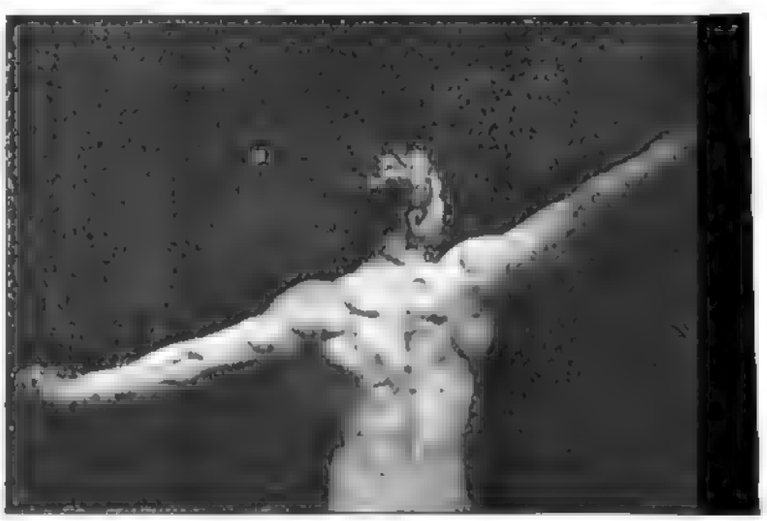
Our Physical Culture Competition.

* * *

PHOTOGRAPHS.

No. 4622 (Birkdale).

No. 3978 (Colne).



No. 4930 (Adelaide).

How I Benefitted from Physical Culture.

—By— MARCUS MOULTON.

I HEREWITH send in the principal events of my life that are connected with Physical Culture.

When I was a youngster, quite a little fellow, from the age of three I was so weak that my parents often thought that I should "*peg out*" in one of the fearful fainting fits to which I was subject. They came on so frequently and at such unexpected moments that I was never left alone for long. About this time my mother took me to see my late father's physician, Sir James Sawyer, a man whose name needs no recommendation. After several consultations with him he gave me some gentle exercises to do, with the object of strengthening my heart, but wisely forbade me taking part in any boys' recreations.

My parent sent me to Wellington College, whose principal, Mr. Bailey, was extremely kind to me, and did everything in his power to help me gain strength. The first two terms I was not allowed to study, but spent my time out of doors. I made very slow but sure progress, till at last I was able to take my part in cricket, football and other games of the College.

The years between 13 and 16 I will pass over with but a few words. I improved in my health, and my fainting fits became less frequent. At the end of the last-named year of my age I saw Sandow. That practically made a different boy of me. I was so struck with his magnificent physique that my sincere wish was to model myself upon his lines. I first bought all the books written by him, read them through, and then bought his combined rubber developer. I worked steadily with it for about one year, at the end of which I hardly knew myself.

After that I obtained his spring grip dumb-bells, and ever since have not missed *one* day without doing the exercises. In the meantime I had a seven or eight months' course at his Ebury-street School. There is one great advantage obtained in joining, *i.e.*, you are taught how to do the exercises. I have improved wonderfully well since leaving, and if measurements can convey any idea of the benefits gained, they are as follows:—

On entering School—1½ years ago.—Age, 17. Height, 5 ft. 10½ ins. Weight, 9 st. 7 lbs. Neck, 13 ins. Upper arm, 11½ ins. Forearm, 11 ins. Chest, 32, 34 and 37 ins. Waist, 27 ins. Thigh, 19½ ins. Calf, 13 ins.

Present time—August, 1905.—Age, 18. Height, 5 ft. 11 ins. Weight, about 11 st. Neck, 15 ins. Upper arm, 15 ins. Forearm, 13 ins. Chest, 34, 41 and 43 ins. Waist, 28 ins. Thigh, 23 ins. 19¼ ins. Calf, 13 ins.

These measurements were taken by my valet, who is quite a "strong man." I may add that there is not a particle of fatty tissue on my body. My rectus abdomini are exceptionally strong, and in fact as thick and as hard as a plank, while my oblique abdomini lay well over the hips. To prove this I can easily support 60 lbs. on the abdomen while my head is on one chair and heels on another. I have not practised any striking feats such as I see many young readers of this magazine have done, because, to go straight to the point, I do not believe in taxing the muscles to any great degree till one is fully developed. Although I never aim at anything like I have just said, I can comfortably hold 50 lbs. straight from the shoulder with one hand and tear two packs of cards in half. I am great on "bag-punching," and reckon there are not many on this side who can beat me at this fascinating exercise. Keeping it *going* for considerably *over* an hour does not exert me to any degree. Some day I hope to be amongst the strongest of men; at least, all my friends say that in time I shall be a "second Sandow."

I might mention that there are several celebrated artists and athletes amongst them. I consider that nothing but "Sandow's system" has pulled me through, and made me what I am to-day. I sincerely trust that others who *stick* to it may gain the benefits I have, and that their health and strength will be sufficient reward for them.

Seventy-five Years of Cricket.

A VETERAN'S RECOLLECTIONS.

CRICKET has an abiding fascination even for men whose cricketing days are separated from the present by whole generations. At Lord's many veteran cricketers season after season renew their youth in watching matches in which they have a special interest, some of them even occupying the same vantage ground at each successive visit. Among the more notable of these is Mr. R. J. P. Broughton, the late Queen's solicitor, who has witnessed no less than seventy-five Eton and Harrow matches, including that which has just closed. In spite of his eighty-nine years, which rest lightly upon his still unbowed shoulders, he occasionally acts as umpire, and nothing affords him more delight than to give his young friends hints upon the game. For fifty years he has taken a very active part upon the committee of Lord's. Mr. Broughton's recollections of the game are peculiarly interesting, and in conversation with a representative of *The Daily Telegraph* he was good enough to recall some of his reminiscences.

"I played for Harrow," he said, "in four matches against Eton. The first of these was in 1832. I remember well we were horribly beaten. The next year we were successful. In '34 and '35 I was captain of the eleven. The first of these two matches we won, but in the second we were again badly beaten. During my three years at Cambridge I got in a lot of cricket, but afterwards I could not play regularly, as it interfered with my legal work. However, I managed to play for the Marylebone Club for thirty-four years off and on. But since those days cricket has changed a lot. The ground then was far more difficult, and it was not so easy to score. Boundaries were then unknown. When a man made a very fine hit he ran it out, so you can easily understand that a century was harder to make then than it is now. Then, again, we never worked for our averages. I think averages and boundaries will be the ruin of the game. Suppose a man does make a very large average, what does it mean? In nine cases out of ten that he has been missed a good deal. Take two equally good cricketers, both of whom make a mistake when they have scored ten runs. One is caught and the other is missed, and scores a century. They are both equally good men, yet what does it signify that the average of the one is ten times that of the other? In the fielding there has, on the whole, I think, been a falling off. I have latterly often watched fielders wait till the ball reaches them and then throw it back to the wicket. In my days we always made a point of running to meet the ball, even if it was whizzing along like a flash of lightning. I really think that with good fielding no side ought to be allowed to score more than 300 runs at the most.

"In the matter of dress, too, there has been a marked and welcome change. In the olden days we used to wear tall hats, linen shirts and collars, and flannel trousers. Personally, I did not like playing in a tall hat."

Turning to the physique of the youths of to-day, Mr. Broughton did not think, as far as cricket is concerned, at any rate, that they were as muscular and healthy as formerly. "I think," he said, "there is too much coddling and luxury. When

I was at Harrow we never dreamt of having overcoats and umbrellas. In those days we were a hardy lot. Even to this day I hate luxuries. My own hard-and-fast rules are: No smoking, no spirits at night, cold bath every morning, and no hot water. Boys nowadays make far too much of cricket and other sports. They become enthusiastic sportsmen and neglect their work. Too much cricket is worse than too little. The tendency now is for quantity, not quality. I never like to see cricket given more than a secondary position. It is a recreation, and work must always come first."

The journey the boys made from Harrow to Lord's for the annual match against Eton must have been thrilling, and Mr. Broughton recalled it with much animation.

"The match was always played in the holidays, a day or so after we broke up. There were no railways then, and we had to come to London by coach or post chaise. The coach was the cheaper, but we preferred to go by chaise, and so saved up for it in advance. A chaise held three, and the cost was thirty shillings, or ten shillings each boy. As a rule, ten or twelve of these vehicles would start from the school. At the given word they would go off at the gallop, and all the way to London it was one mad, wild race. They used to pass and repass, and if the post-boys were not particularly skilful in managing their horses accidents were inevitable. Generally there were one or two smashes. One year the race was more than usually exciting. It was literally neck and neck until one of the chaises skidded in a rut, and then there was a collision. Those behind, unable to stop, crashed on to the broken vehicles, adding to the confusion, and producing some accidents. After this, racing was strictly forbidden."

"In a word," concluded Mr. Broughton, "I think cricket is now made too much of a business. Lots of people lose the sport of the game by thinking how many runs they are going to make. My advice—and it is the advice of one who has had seventy-five years' experience of cricket—is, ignore runs and averages and play for the manly sport."

The Church Lads' Brigade.

Field-Marshal Sir George White told 2,500 members of the Church Lads' Brigade, whose camp he inspected at Prestatyn, that he believed the besetting sin of the nation to be indifference to its safety and unwillingness to face the small sacrifice which was required to safeguard it.

He said that, by brigading together, the lads were a protest against this sin, and, as an old soldier who had worn the uniform for fifty-five years, he advised them to "go straight," and resist every form of temptation.

From Paris comes the news that a court-martial at Chalone has sentenced a young soldier to twenty months' imprisonment for a somewhat novel offence in martial annals.

There was a bathing parade, and all the soldiers took to the water with the exception of the offending recruit, who, when called upon for an explanation, made the extraordinary excuse that he was constitutionally afraid of water.

Club Swinging Record.

Thobs credited with 50 hrs. 17 mins.

* * *

FROM a report just to hand, it would appear that Professor Tom Burrows will have to look to his laurels, for, following on his recent world's record at Southend comes news from South Africa that T. R. Thobs has succeeded in staying fifty and a quarter hours.

As our readers are doubtless aware, Burrows is at the present moment on the seas, *en route* for South Africa, and no doubt we shall not be long ere something is heard from him. No doubt this latest performance by Thobs will lead up to a contest between the two men, which should produce a great struggle.

In our issue of March 16 last we published photos of Thobs, together with an account of a performance by him in January, when he swung a pair of 2 lb. 1½ oz. clubs for 43 hrs. 23 mins. It is rather interesting to note that Thobs, like Burrows, trains under the Sandow system. The following account of Thobs's latest performance is taken from the *Uitenhage Times* of July 19, 1905:—

"Professor T. R. Thobs began his endurance club swing in the Drill Hall precisely at six o'clock on Thursday evening, with the intention of again beating the world's record. When we went to press on Friday night, he had accomplished 24 hours, and was still looking fit and well, although he had suffered intensely from the cold during the night. The average number of revolutions for the first thirteen hours was 93 per minute. The professor swung steadily on until seven on Friday evening, when the concert commenced, and the music seemed to infuse him with fresh vigour. He himself announced the various items on the programme. He also drilled twelve of the young ladies who are members of his gymnastic class, putting them through about forty different club and fancy marching exercises. The brilliant lights in the hall began to tell upon his eyes, however, and about two o'clock on Saturday morning he became very drowsy. This disagreeable lassitude, however, was dispelled by a dose of strong, hot coffee, without milk or sugar. At 6 a.m. on Saturday he was going so strongly and briskly as to cause a considerable amount of surprise to those who saw him. It was difficult to believe that he had already done 36 hours without rest or pause. All Saturday he went well, but when the gas was lit for the third time he became exceedingly drowsy, his shoulder was very painful, as were also his fingers, which were swollen from the strain. There was no breakage of the skin, however. At five o'clock in the afternoon he reached Burrows' record of 47 hours, but from seven o'clock his mental faculties seemed to become obscured. At 7.30 the excitement became intense, and it was with great difficulty that he seemed to realise that another three-quarters of an hour had yet to be put in. At eight o'clock, when the 50 hours' point had been reached, the cheering was loud and prolonged.

"Mr. T. W. Mills, M.L.A., then mounted the platform and congratulated Mr. Thobs on his achievement, referring to his previous records and testifying to their admiration of his pluck.

"The Mayor (J. Whiteside, Esq.) then formally announced that the professor had beaten the world's record by swinging for over 50 hours.

"Mr. H. J. North announced that Mr. J. Thompson, who had started to swing at six o'clock the previous night, had held on for 16¼ hours, and would have put in 24 hours easily enough, but for an old sprain which quickly re-appeared, and caused him such pain that he had to give up.

"At 15 minutes past eight, the band struck up 'Rule, Britannia,' and the professor put in 90 revolutions during the last minute of the swing, he himself joining in the chorus. The clubs were then taken from him, and the world's champion swinger was helped into his overcoat by his trainer. He next put 12 members of the Ladies' Gymnastic Class through an elaborate club drill and fancy marching for half an hour, and was then conveyed to his house in Dr. Hagemann's trap. He remained in bed on Sunday, and was out and about again on Monday, none the worse for his tremendous feat of endurance. The medical examination showed that his heart and all other parts of his body were in good condition.

"His average number of revolutions per minute for the 50¾ hours was 82, which gives a grand total of 257,230 revolutions.

"Professor Thobs trained on Sandow's system."

—— Muscles. ——

There are many things about their own bodies which few people think about. For instance, there are the muscles. Everybody knows what a muscle is and what it does.

But it is not the general nature and work of the muscles to which this is intended to call attention, but to the gradual way in which many muscles are becoming inactive. How many people can move their toes up and down or sideways? And still the foot has almost the same set of muscles as the hand, and the muscular structure of the toes is similar to that of the fingers.

Among the children at the public schools there is now a minor percentage who can wink one eye without moving the other, and there are many children who cannot close one eye and keep the other open. The muscles of the ears and the scalp are suffering in like manner from disuse. The boy who can move his ears or work his scalp to and fro is a rarity. Almost all animals can do this with ease. The ears of a horse or a dog are under as good muscular control as his tail. The fingers, too, unless they have special training, are generally losing their aptness. They are a long way from the lack of muscular control which the toes manifest, but still there are few people who can move each finger separately without moving others.

If civilised men and women were subject to the necessities and discomforts of savages, these muscles might, in a few generations, says the New York *World*, develop their former activities. The toes have been trained to take the place of the fingers. If the head and skin were not protected from flies they might become as movable as a horse's or a cow's. If the sense of hearing was properly trained, the ears might bend to each sound. Try your own muscles.—*Evening Standard.*

Penniless Giant and Dwarf.

The Hamburg correspondent of the *Daily Express* says:—

An extraordinary scene was witnessed in the streets here recently when Kappoff, the Khirgese giant, who until recently was the chief attraction at local exhibitions throughout Germany, collapsed on the pavement for want of food.

Kappoff, who measures little less than Machnow, the Russian giant, has, since the latter's advent, entirely lost his popularity, and with it his means of livelihood.

Unable to obtain a fresh engagement, he applied, when half-starved, at the workhouse for indoor relief, promising to pay for his keep as soon as he should succeed in procuring a fresh engagement.

The workhouse authorities, however, were somewhat aghast at the idea of being burdened with a giant, and reluctantly declined to give him hospitality.

Thus the wretched giant wandered aimlessly about from street to street, followed by troops of jeering children, until at last he was overcome with sheer weakness.

Kappoff was finally assisted by a party of agricultural labourers just returned from harvesting, who, having revived him with brandy, escorted him to a restaurant, where he partook of a meal consisting of three plates of beef soup, 4 lbs. of beefsteak, three portions of ham and eggs, two heaped-up plates of potatoes and cabbage, and fourteen apple tarts, the whole washed down with six pints of beer.

The harvesters were somewhat aghast at the amount consumed by the giant. When the bill was presented to them it swallowed a considerable portion of the money they had made in harvesting.

Later, followed by a band of noisy children bearing lighted torches, he was escorted to the outlying camping-ground of the agriculturists and provided with a bed for the night.

Joey Cole, a dwarf, has just died at Hemel Hempstead Workhouse. He was only 2 ft. 7 ins. high, and had been on exhibition all over the world with Barnum's and Wombwell's shows.

Army Reform.

Lord Roberts has abandoned his intention of visiting Canada and opening the Toronto Exhibition. He will devote the autumn and winter to a vigorous campaign on behalf of Army reform and national instruction in rifle shooting.

The Channel Swim.

BURGESS'S THIRD FAILURE.

* * *

NOTHING daunted by his two previous failures, the Yorkshire giant, T. W. Burgess, made yet another attempt to swim the Straits of Dover, but with no better success than before, as within four and a half miles of his goal was the nearest he could get.

He entered the water precisely at six a.m. from the foreshore under Abbot's Cliff, between Folkestone and Dover.

He had previously been anointed all over with lard, which he prefers to the porpoise oil which Captain Webb used. He wore a polo cap and a mica shield to protect his eyes.

The wind had dropped during the night, but when Burgess and his party held a conference at the end of the Prince of Wales Pier at Dover at 4 a.m. there was every indication of dirty weather.

Burgess, however, decided to start, and to come out at the end of the flood if the weather became worse. The party therefore went aboard the tug *Scotia* and steamed away to the starting-point.

The weather outlook had improved by the time Abbot's Cliff was reached, and Burgess took the water full of hope, with the remark: "Third time fair." He started at a smart pace, using his favourite under-arm stroke.

He soon eased down to twenty-four strokes to the minute, as he did not want to make so much pace. He had asked to be informed when the Dover lightship and the South Goodwin lightship were in line (1¼ miles out), and Captain Anning at 6.35 told him that he had reached that point. "That's all right," was Burgess's reply. "We are now starting work. I've nicely woke up. I am here ten minutes in advance of my schedule."

Burgess was in fine condition—better, his medical attendant said, than he was a fortnight ago—and made splendid progress all through the day.

His appetite was good, and he satisfied it at frequent intervals with chicken, fruit tart, tea, grapes, and bovril. His spirits were excellent. He jested with his companions about the incidents of the swim—when he passed through a shoal of mackerel, for instance, he called for a fishing-line, and when, in mid-Channel, he bade farewell to his wife, who was in a motor-launch, he waved his hand and said he should see her about eleven o'clock.

He was confident of success almost until the moment when he was forced to leave the water.

He reached a point only four and a half miles from the French coast, but a strong off-setting tide from Cape Grisnez carried him out three-quarters of a mile, and, as his chances of success were very small, he gave up the struggle.

Burgess left the water at 8.45, after a swim which lasted for fourteen and three-quarter hours.

The weather had become bad. Rain was falling heavily, and haze enveloped the French coast, while the wind freshened considerably, making a nasty sea. The temperature of the water also had dropped several degrees. Burgess complained of cold, and after finding that he was losing ground in spite of hard swimming, decided to give up.

Captain Anning was of opinion that if Burgess had been able to stop in he could have landed near Grisnez by midnight.

Last year, starting from Lydden Spout, near Dover, Burgess swam for eight hours and twenty-two minutes, and was

only six miles from Cape Grisnez when he gave up.

On July 28 of this year he was only four miles from the French coast when a strained leg compelled him to leave the water.

In conversation with *The Sportsman's* special representative, Burgess, the day following his grand effort, said :—

"The more I swim in the Channel the more I get to know about it, and the more I am convinced that it is a possible task. Yesterday I discovered that if it was not accomplished in two tides, it would take three and a half, which means that it is either a twelve or twenty-hour swim. The conditions up to a certain point favoured me, but then, on the afternoon flood, they opposed my progress, and I realised some time before I came out that my chances of getting through were becoming less hopeful every minute. The Channel is full of tricks, and nobody can say what it will do. For instance, once yesterday I was swimming hard for an hour, yet made practically no forward progress whatever. Webb took 21¾ hours to get through, and was a slow swimmer. I can only say that he must have struck as perfect a day as any man could wish.

"As to my next attempt, I have not thoroughly made up my mind, but possibly our arrangements will be different. As a matter of fact, I contemplate starting from Cape Grisnez on a spring tide in nine or ten days' time. I select the spring tide, for I cannot lie about the sea doing nothing and waiting for tides. Indeed, it has a greater effect upon me than swimming. My idea next time is to have a second boat that can anchor at any time, with a man in it to throw over the lead, so that I shall know exactly what the tide is doing with me and where it is going, for I do not intend trying to swim through it again, as that is impossible. Then, in starting from the French coast, I shall be at a greater advantage in getting in on this side, for my boatmen are so well acquainted with Dover, Deal, and Folkestone that they will know exactly where I should go at the most difficult part of the swim. The formation of the French and English coasts are practically the same, and one is just as difficult to land on as the other. The effect of the new Admiralty extension at Dover is exactly the same as a cape jutting out in the sea. I was never particularly happy in my work yesterday, for it was impossible for me to keep warm."

Up to the present there have been no less than twenty-one attempts to swim the Channel between 1872 and August 9 last, only one of which was successful—Capt. Webb's. Under this heading are included attempts by F. Cavill on August 22, 1877, and Prof. Davis Dalton on August 14, 1890. Both men claim to have accomplished the feat, but, as their successes were not confirmed at the time by independent testimony, the claims are not accepted. In the case of F. Cavill especially there would seem to be much room for doubt. His essay was made two years after Capt. Webb's success, and his friends claimed that he got to within fifty yards of the French shore amongst a lot of broken water. As it was deemed dangerous for him to land he was taken on board the boat, and a claim for success put forward in his behalf. The time occupied was stated to be twelve hours and a quarter. He was thus alleged to have beaten Capt. Webb's time by 9 hrs. 45 mins.! Then came Dalton's claim that he was successful after swimming for 22¾ hrs. He, it appears, put off from the French shore and landed in the vicinity of Dungeness. A circumstantial account of the swim which appeared at the time in the newspapers stated that directly he touched the beach on the English shore he fell forward in a state of collapse and had to receive medical treatment. With the exception of this attempt the Channel tides were left to ebb and flow for twenty-four years, and then Holbein initiated a series of attempts which have been kept up each succeeding summer. He failed on August 24, 1901, and on July 31, 1902, but he came wonderfully near success on August 27 and 28 in the latter year. He started from Cape Grisnez, and only failed when within a mile of Dover, having been in the water 23 hrs. 21 mins. At

the time this splendid attempt redirected public attention to the possibilities of the swim, and it was realised that there was, after all, a likelihood of the 1875 success being equalled. In 1902 there was still another attempt, Frank Holmes failing on August 28. Then in 1903 and 1904 Holbein made two other attempts, but without success. Five other attempts were made last year—by Jack Haggerty, S. W. Greasley, J. A. Weidman, and twice by T. W. Burgess, who is swimming so well at the time of writing this. This year there have been unsuccessful attempts on July 26 by Ted Heaton, by Burgess on July 28, by G. Lefargue on July 30, and by Burgess again on August 9. He intends having another try this season.

The *Bystander* has an amusing skit on the prevalence of the Channel swimmer:—

"While fishing off the pier at Bognor, Mr. Welling, a commercial traveller, of Ashton Villas, Brixton, felt his line suddenly drawn out by some enormous weight. Calling his nephew, who was at no great distance, to his aid, Mr. Welling boldly hauled in his tackle, and had the satisfaction of landing a fine Channel swimmer weighing twelve stone.

"A novel wedding was recently celebrated at Folkestone. After the cake was cut, the bride and bridegroom, having changed into swimming attire, were driven down to the beach, where they entered the water hand in hand, amid a shower of confetti. The honeymoon will be spent in swimming the Channel, which was quite in its brightest mood for the occasion.

"The Channel Swimmers' Club of Great Britain and Ireland will be inaugurated next week. For the benefit of would-be members we are asked to state that the subscription is a guinea a year, and the test of admission consists in the ability to swim two lengths of the Paddington Baths."

The experiences of Mr. Alexander Hosie, British Consul-General at Chengtu, Central China, during his recent journey from that place through Western China to the frontier of Tibet and back, form the subject of a Foreign Office report, and make an exceptionally interesting narrative. Of the Tibetian women he says: "Level, dark-brown eyes, finely cut features, an excellent carriage, and sprightliness of manner distinguish them from the timid and insipid Chinese. She is not afraid or ashamed to give vent to her feelings in peals of merry laughter."

Among the Tibetans Mr. Hosie states it is rare to meet an undersized male. They are tall, lithe and wiry. Their magnificent climate, outdoor life, and abundance of exercise make men of them. Female infanticide is unheard of, and woman is a very valuable asset. She is the life, the mainspring, of the Tibetan family.

William Finlay, late of the Life Guards, has been admitted to the Hackney Infirmary suffering from consumption. A special bed had to be made up for him, as his height is 6 ft. 9½ ins. For twelve years he held the distinction of being the tallest man in the Army.

—— Sporting Notes. ——

Swimming.

"Monty" Holbein, who was 44 years of age on August 11, will make his next attempt to swim the Channel in a week's time.

* * *

The international contests at Stockholm commenced on August 11, and concluded on August 14. The majority of the first day's events were won by the Royal Life-Saving Society's team. William Henry was first in the scientific swimming event, and John Anderson, of Stockholm, second. The team race of four men each was won by the Royal Society's team against four other teams by thirty yards.

The Crown Prince was present, and the English team were introduced to him amidst much enthusiasm, there being a great crowd. H. Johannson and Melville Clark divided the honours in the fancy diving contests.

* * *

The second day's racing attracted another enormous crowd. B. B. Kieran, the young Australian champion, swam in the 100-metre race, and finished first in 1 min. 10 2-5 secs., Morgan Dockrell, of Dublin and Otter S.C., being second, and H. Johannson, a native competitor, third. Following up his success in the sprint, Kieran turned out in the one mile race, and claimed yet another popular victory in 28 mins. 2 1-5 secs., his natural and easy methods being greatly admired. He also won the 500 metres race. The water polo match resulted in a draw of three goals each. Kieran and six others started in the four miles championship, but none of them finished. The Australian gave up 200 yards from the end.

* * *

The 100 yards swimming championship for the perpetual cup given by the Otter S.C. took place on August 14 at the Weston-super-Mare Baths. There were eight competitors, including the holder, J. H. Derbyshire, of the Manchester Osbourne Club. To complete the distance it was necessary to cover three lengths of the bath. The first heat was closely contested by A. Tyldesley, of Tyldesley, Lancashire, H. W. Faircloth, Holloway United, J. E. Devlin, Burnley, and L. de Halmay, champion of Hungary. The Hungarian kept his rivals well in hand, and won with comparative ease from Tyldesley in 1 min. 3 3-5 secs.

* * *

Four started in the second heat, P. Radmilovic, Cardiff and Weston-super-Mare, W. Kimber, Cardiff, W. Halliwell, Cheltenham, and Derbyshire. Radmilovic swam strongly, and just beat Derbyshire, who took matters easily, in 1 min. 4 secs.

In the final, following a magnificent start, the Hungarian gradually forged ahead, and, holding his lead to the finish, won by about two yards and a half from Derbyshire, who was three yards in front of Radmilovic. The time was 59 secs., which is only 0 3-5 sec. outside English record.

* * *

On Aug. 15 D. Billington, of Bacup, won the 500 metres race (about 2½ furlongs) in world's record time at Joinville-le-Pont (France). His time was 6 mins. 51 secs., and he was followed home by Forsyth, who took 20 secs. longer.

* * *

The A.S.A. quarter-mile salt-water championship took place at Southport on Aug. 5, in fine weather, and before a large attendance. There were six entrants, but only four competed, and after a rather one-sided race, Kieran easily defeated the holder (Billington). The Australian had

established a commanding lead at the half-distance, and going away, won in record time. Result:

B. B. Kieran (Australia)	1
D. Billington (Bacup)	2
H. Taylor (Chadderton)	3
W. Heywood (Oldham)	0

Great inconvenience was caused by a number of boats which, driven in by the wind, invaded the enclosure. Kieran won by thirty-five yards; eight yards between second and third. Time, 5 mins. 22 1-5 secs.

* * *

FIXTURES.

AUGUST.

28—English 500 Yards Championship, at Leeds.

31—English County Water Polo Championship, Final, at Liverpool.

SEPTEMBER.

5—Northern Counties Water Polo Championship, Semi-final, at Burslem.

7—Southern Counties 100 Yards Ladies' Championship, at Hackney, London.

7—Yorkshire Ladies' Swimming Championship, at Scarborough.

7—Yorkshire 100 Yards Swimming Championship, at Scarborough.

8—London Schools Team Championship, Final, at Bayswater, London.

9—Northern Counties Flying Squadron Championship, Semi-final, at Bacup.

12—Northern Counties Water Polo Championship, Semi-final, at Hyde.

14—Northern Counties Flying Squadron Championship, Semi-final, at Gorton, Manchester.

14—Western Counties Water Polo Championship, Final, at Cheltenham.

15—Southern Counties 100 Yards Championship, at Lambeth, London.

19—Southern Counties Water Polo Championship, Final, at Hornsey, London.

19—Northern Counties Schoolboy Team Championship, Final, at Hyde.

20—English 100 Yards Ladies' Championship, at Swindon.

20—Northern Counties 150 Yards Championship, at Macclesfield.

20—Western Counties Team Swimming Championship, Final, at Swindon.

20—Northumberland and Durham Water Polo Championship, Final, at Gateshead.

23—Yorkshire Schoolboys' Team Championship, Final, at Barnsley.

26—English 220 Yards Championship at Hornsey, London.

28—English 150 Yards Back-swimming Championship, at Hornsey, London.

28—Northern Counties Flying Squadron Championship, Final, at Liverpool.

OCTOBER.

3—150 Yards Championship of London, at the Otter S.C. Gala.

13—Junior Graceful Diving Championship, at the Seal S.C. Entertainment.

Wrestling.

At a matinee in the Palace Theatre, Glasgow, on August 12, Alex. Munro, of Govan, the Scottish champion, met Albert Sturm, of Berlin, in a match for £50 a-side. The contest was to a finish in catch-as-catch-can style. From the start, Munro was the aggressor, but Sturm pluckily resisted all attempts of his opponent to secure an effective hold, and managed at last to clear himself, only again and again to be placed on the defensive. Munro, however, fairly worried his man, and gave the German no rest. It soon became a question of stamina, and the Scot gradually gaining the upper hand secured the fall after an exciting tussle lasting exactly twenty-two minutes.

* * *

Ahmed Madrali, who is matched with Georges Hackenschmidt for the world's championship in the catch-as-catch-can style, will arrive in England at the end of the present month. The Turk and his friends are very confident, Madrali being particularly pleased at having the opportunity of getting even with the Russian and making some amends for the reverse he sustained at Olympia last January twelvemonth. * * *

A tremendous amount of interest was taken in the match between Buttan Singh and C. Webber, decided in Sydney last

month. Buttan Singh is the celebrated Hindoo, while Webber was looked upon previous to the bout as the most promising wrestler in the Colonies. Both men suffered defeat from Hackenschmidt during the tour of the Russian in Australia. After a very exciting bout, Singh lost the first fall, secured the next two, and won the match. There was considerable doubt among the spectators as to the fairness of the first fall given the Hindoo.

Rowing and Punting.

FIXTURES.

AUGUST.

24.—Dalston Alberts, Sculling Handicap.
26.—Henley Town Regatta.
26.—Skiff Club Regatta.
27.—Dalston Alberts, Double-sculling Handicap.
30.—Bourne End Watermen's Regatta.

SEPTEMBER.

9—Twickenham R.C. Regatta.

Athletics and Cycling.

Mr. G. A. Olley, the famous cyclist and holder of the Land's End to John o' Groats record, recently rescued Miss Rose Mabel King from drowning in the river near Thames Ditton. Miss King married her rescuer recently, and the honeymoon was spent motoring in the Highlands.

* * *

The A.A.A. have decided that they cannot grant permission to A. E. Shrubb, the world's record holder and ex-champion athlete, to visit Canada and the United States.

* * *

The City Police athletic and swimming festival at the Crystal Palace on Aug. 12 produced some capital sport. Outstanding features were the sprinting of P.C. A. Oakley and the swimming of A. G. Harvey, the former winning the 100 Yards Flat Handicap from the 8½ yards mark in 9 4-5 secs., and the latter securing the Southern Counties A.S.A. Mile Championship.

* * *

At the Celtic F.C. sports in Glasgow on August 12, J. W. Morton won the invitation handicap in 10 3-5 secs. The hurdles champion, R. S. Stronach, again beat the American, E. S. Amsler, doing 16 secs., but Shrubb met with no luck, for the South London Harrier was beaten in the mile and a half scratch race by the mile champion, G. Butterfield, of Darlington, in the good time of 6 mins. 55 2-5 secs. A five-miles invitation scratch cycle race was won by the Worcester flier, E. Payne, in 12 mins. 37 1-5 secs.

* * *

FIXTURES.

AUGUST.

26—Glusburn F. and H.S. Sports.
26—Reading A.C. Sports.

SEPTEMBER.

9—G.E. Railway A.A. Sports at Leyton.
9—Salford H. (Autumn) Sports.
9—S.L.H. Autumn Meeting, at the Oval.

Miscellaneous.

The fifth and last test match of the season between England and Australia ended, at the Oval on August 16th, in a draw.

In the first innings England made 430, and their second innings was declared closed with the score at 261 for six wickets. Australia scored 363 in their first attempt, and at the close of yesterday's play their total was 124 for four wickets, so that, with six wickets in hand, they were 204 runs behind.

England started badly on their second venture, and four good wickets fell for 48. The Lancashire men, Tyldesley and Spooner, however, saved the side from a collapse, the former contributing 112, not out, in magnificent style, and the latter 79. England were thus left with two victories, the remaining three matches having been left drawn.

* * *

FIXTURES.

AUGUST.

28, etc.—Chichester Tournament, at Chichester.
28, etc.—Hythe Tournament, at Hythe.
28, etc.—Conishead Priory Tournament, at Conishead Priory.

SEPTEMBER.

4, etc.—Sussex Championships, at County Ground, Hove.
11, etc.—South of England Championships, at Devonshire Park, Eastbourne.

Notes of the Week.

* * *

To the Editor, Sandow's Magazine.

Sir,

I have great pleasure in sending you my photo for your next competition. It was taken after four months' exercise. How I got interested in physical culture

Mr. F. Horace Gonzales (Trinadad).
(After 4 months' Training.)

was as follows:—I visited a friend of mine who had recently bought a pair of "Sandow's Grip Dumb-bells," with chart, etc. After looking at the exercises with interest, I decided to practice them at home, with the result of finding my chest increased three inches, and all parts of the body developed proportionately in four months. I find concentration absolutely necessary whilst exercising.

Yours, etc.,

F. Horace Gonzales.

St. Joseph, Trinidad, B.W.I.

June 14, 1905.

* * *

Lord Roberts' Appeal.

At a meeting of the General Purposes Committee of the London Chamber of Commerce recently, the question of what action should be taken on the address by Lord Roberts at the Mansion House on the 1st inst. was under consideration. It was decided, as a preliminary measure, that the chamber should communicate with every Chamber of Commerce in the United Kingdom, forwarding copies of Lord Roberts's address, asking them to co-operate with the civic authorities of their respective towns to arrange for a public meeting, with a view to placing Lord Roberts's views of the military situation before their constituents and townsmen, and taking such steps as Lord Roberts advocates to remedy the serious evils under which the country is suffering; also that the chamber should communicate with the lords lieutenants and high sheriffs of counties with a view to their convening a public county meeting for the same purpose. It was further arranged that after the holiday recess a joint meeting of the Naval and Military Defence Committee and the council of the chamber should be held to consider any further action.

Sandow's Magazine Physical Culture Competition.

Having regard to the rapid strides in popularity which have been made recently by physical culture, and the fact that five years have elapsed since we instituted our Great Competition, which, as everyone knows, culminated in the mammoth gathering at the Albert Hall, we feel that the inauguration of this magazine in its new form would be a fitting time to revive the Competition which was such a signal success before. The conditions on the present occasion will be slightly varied in order to meet the altered state of things which prevail. It will be remembered that in the first great Competition all entrants were on an equal, but as this is obviously to the great disadvantage of those whose bodies are not fully developed, this time we shall give, each month, medals for two classes, full particulars being given in the conditions set out below.

Conditions of the Competition.

(1) The Competition will be for the purpose of encouraging physical culture amongst all classes.

(2) The judging will be from photographs (back and front if possible) and properly authenticated measurements on the coupon.

(3) A Gold Medal will be presented each month to the one who in the opinion of the judges, shows the best development and most symmetrical measurements amongst (a) those eighteen years of age or under, and (b) those over eighteen years of age.

(4) No photos will be returned unless a stamped addressed envelope is enclosed.

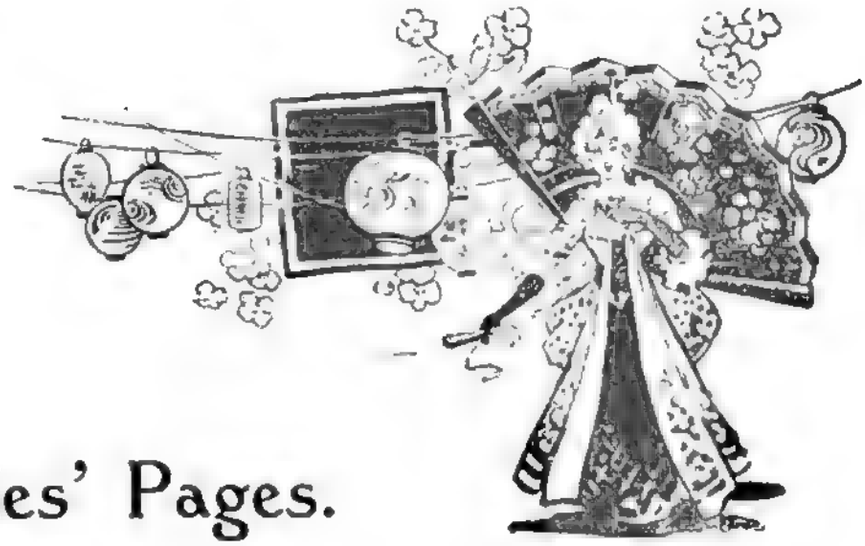
(5) The right is reserved to publish any of the photos submitted for competition.

(6) **No winner in a previous competition is eligible.**

(7) The coupon on another page stands good until the last day of the month, and the awards will be announced in another issue.

(8) Competitors from abroad will be entered in the month of receipt of Coupon, providing it was sent during the month for which it is available.

As a new generation, so to speak, of physical culturists has sprung up since the first competition, it will be interesting to compare the general physique then and now.



Our Ladies' Pages.

NOTHING is a more common cause of physical unevenness than the habit of incorrect standing, throwing the weight of the body upon one foot and leg. Many cases of crookedness are also brought about by some odd individual habit.

Carrying school-books or parcels always in one arm, especially when they are held against the hip, throws a body into a one-sided position. Improper sitting at school or at desks not rightly adjusted is responsible for many uneven shoulders and hips.

* * *

It is necessary for every woman to study her own case, and to discover the cause; if it is some trick or habit, such, for instance, as holding a trained skirt always by the right hand, it must be done away with promptly, and exercises practised to correct the figure.

In simple standing exercises it is important that one hand should rest on the hip, and the other be clasped about the neck. The hand on the hip belongs to the thigh side; the other, lifted to the neck, raises the entire side, hip, shoulder and all, along with it, and so corrects the fault. The high hip is usually the right one, but each case may differ.

* * *

Starting with this position, it is possible to use an infinite number of well-known exercises; those which stretch and bend the spine are the most profitable. Every woman should go through the following, giving herself short rests between; during these rests she may let the arms fall at the sides while taking deep breaths.

1. Rise on toes, sink, repeat ten times, holding the body erect.

2. Raise the right foot as if about to place it upon a higher step. Lower it. Raise the left in the same way. Continue as if going upstairs. Draw the knee higher each time, and finally raise it to the chest.

3. Bend at the waist, letting the body fall as far as it will to the right. Slowly raise it. Repeat left. Continue for ten counts.

4. Let the body fall backward, bending at the waist. Repeat ten times.

5. Bending at the waist, let the body drop forward. Slowly circle to the right, the rear, the left, forward, until it is in the original position. Repeat five times.

6. Raise the arms, stretching them straight above the head; then return to their position, hands at neck and hip as before. Repeat ten times or more.

* * *

The bar has many uses in corrective exercises, and it should be so arranged that it can be adjusted in many positions. The slanting position is very important in corrective work. Let its lower end be just high enough for it to be reached

easily. At this end the student should begin the ascent, working her way to the higher end.

The low side, of course, is the one to be raised in this process. At first drop gently when the high end of the bar is reached. Later, hang for a few seconds before dropping.

* * *

Take the ordinary standing position, heels together, hands on hips, thumbs to the rear. Raise arms in circle, letting fingers meet on the top of the head, palms resting on head. This is at count one. At two, return to position. At three, raise only the arm belonging to the side of the low hip or shoulder, letting it go through the same motion as before. At four, return to position. Continue in four counts.

* * *

The "windmill" exercise is excellent to level the figure, in that it stretches the body, and stretching is the keynote of this straightening system. Until the spine is thoroughly straightened the hip and shoulder cannot return to their normal position. The windmill movement is performed by bending the body from the waist, letting the right arm reach to the ground when bending to the right, while the left rises to perpendicular. Reverse, bending to the left, and continue. At first, half a dozen bends will be enough, but gradually increase the number.

* * *

Next sit on a stool which permits the soles of the feet to rest easily upon the floor, while the toes are braced in some way. Let the hands rest upon the sides of the seat. Keep the body completely unbent from the waist up; let it fall slowly backward as far as possible without losing balance or lifting the feet. Choose some object such as the back of a chair, which is almost as high as the hip. Place the leg of the low hip over this, letting it rest on the upper part while the part below the knee hangs loose. The height and position should be such that the low hip will feel forced up while standing thus.

Many bending and reaching exercises given for other purposes are beneficial in the spine-straightening process. For instance, raise the arms in a circle above the head, locking the fingers; bend from side to side.—*Daily Express.*

* * *

The whole of the foregoing, excellent in their way, will be found doubly efficient and beneficial if carried out in conjunction with the Symmetrion.

* * *

"If the death-rate among calves was only one-half of that which prevails among infants the British farmer would before very long have to give up entirely the business of rearing cattle."

Thus writes Dr. H. Kenwood, Medical Officer of Health for Stoke Newington, in his annual report, just issued.

Dr. Kenwood states that at present one child out of every five born succumbs before one year of life is complete.

* * *

The chief causes of the evil are ignorant artificial feeding and the lamentable lack of commonsense shown in the storage of food. In no fewer than forty-five out of the sixty-two dwellings investigated, for instance, a cupboard or a safe in the living room served as a storing place.

* * *

The cramped atmosphere, again, in which the little ones are reared is proved by the fact that in fifty-two of the homes visited the parents occupied only three rooms.

Their parents, moreover, frequently lack the time to look after their children, and it was found that in one-third of the poorer dwellings the mothers were compelled to work away from home.

* * *

Dr. Kenwood suggests as remedies that the older school girls should be educated in the elements of infant-rearing, sanitation and hygiene, and that sanitary inspectors and women health visitors should instruct the mothers in the correct way of feeding and rearing their children.

SPORTING PATENTS.

This list of Patents is specially prepared for SANDOW'S MAGAZINE by Mr. C. F. Ennis, of Jessel Chambers, 88 Chancery Lane, London, W.C., Registered Patent Agent (by Examination), from whom all information relating to Patents may be had on application :—

Applications for Patents July 31st-August 5th, 1905:—

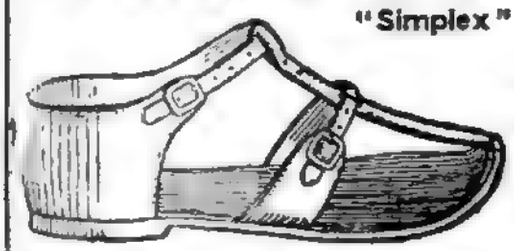
15032. C. L. Porter, London. Golf balls and the like, and their manufacture. (Complete Specification.)
15004. The Birmingham Small Arms Co., Ltd., and G. Norman, Birmingham. Firing mechanism of small arms, etc.
15911. P. T. Godsal, London. Small arms.
15925. S. H. George, Birmingham. Fishing rods.
15943. T. G. Russell, Lewes. Sighting devices for fire arms.
16015. J. S. Renvoize, London. Apparatus for exercising the lungs and indicating the cubic air capacity of same.
16062. W. Cohen, Washington. Cartridges. (Complete Specification.)
16095. J. J. Pearson, London. Billiard table.
16070. G. Halsey and C. W. Jones, London. Hockey sticks and the like.

Specifications Published August 10th, 1905: -

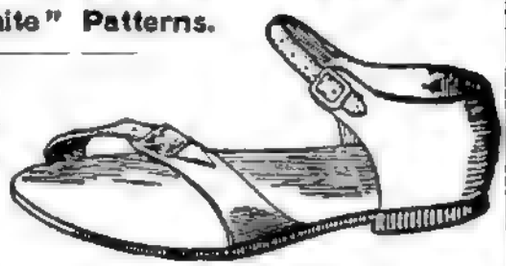
17496 of 1904. A. M. Hubert-Brierre, Paris. Means for stretching cloth upon billiard tables and cushions.
17751 of 1904. R. Riley, Walsall. Shooting targets.
20623 of 1904. J. Gonick, Dundee. Handles for golf clubs and putting irons.
11400 of 1905. J. Robertson (Boss & Co.), London. Triggers of sporting guns or rifles.
11860 of 1905. A. J. Boult, London. (Phönix Elektrotechnische G. m. b. H., Germany). Electric target setting apparatus.

SANDALS IN BROWN CALF

"Simplex" and "Starnthwaite" Patterns.



We are prepared to execute Orders for the above at the following Prices. Post free.



"Starnthwaite" Pattern.

"Starnthwaite," with straps from front of Sandal.

Sizes	2-5	6-9	10-12	13-2	Youths' 3 & 4	Women's 3-7	Men's 5-10
	5/6	6/6	7/6	8/3	8/7	8/10	9/10
Stronger	7/9	8/9	10/3		11/7	11/10	12/10
Cashmere				9/3	9/10	9/10	10/10
Do. stronger				11/3	12/4	12/10	13/10

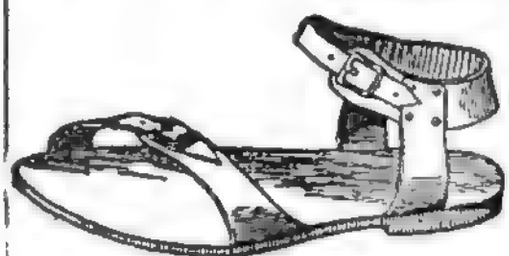
If in Black Calf, 1/- pair extra Toe-Caps 1/- pair extra.
Straps from front of Sandal or between the toes, 1/- pair.

"CINDERELLA" PATTERN.

Specially recommended for Children and Sea-side wear.

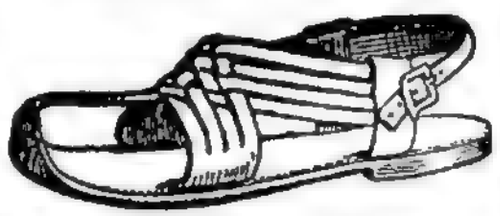
Sizes	2-5	6-9	10-12	13-2	Youths' 3 & 4	Women's 3-7	Men's 5-10
	4/3	4/9	5/6	6/6	7/4	7/10	8/4

If in Black Calf, 6d. extra per pair.
Straps from front of Sandal, 6d. per pair.
The lighter ones and the "Cinderella" pattern lined with wool, felt or leather, as preferred. Measurements required: a carefully drawn outline of each foot and size of boot worn.



"Simplex" and "Cinderella" Patterns.

Special Note.—All Sandals supplied by us are guaranteed to be of the very best quality and workmanship combined.



"Cashmere" Pattern.

All Orders, with Remittances, should be addressed—
MANAGER, "Sandow's Magazine," 131 Temple Chambers, Temple Avenue, London, E.C.

And Editorial Chat.

ALTHOUGH I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that space is limited, and I *cannot* prescribe courses here.

The attention of my readers is called to an announcement on the opposite page.

All communications relating to instruction by post should be addressed to me at Basing House, Basinghall Street, E.C., and these will receive prompt attention.

Ordinary replies cannot be answered by post.

S. F. HOPKINS (NEWCASTLE).—(1) The recent Health Congress, of which full reports have appeared in these pages, dealt fully with the subject you mention. (2) I congratulate you on the success which has attended your efforts.

A. SEYMOUR (WARRINGTON).—I should advise you to take Plasmon in its various forms. It would suit your case admirably.

S. AMERY (KINGSTON).—(1) We do not propose discussing the matter further. (2) We certainly shall publish these articles in book form, providing a sufficient number of subscribers are forthcoming. Full notice will be made later.

WM. CAINE (WANDSWORTH).—Your surmise is quite correct. It is absolutely foolish to attempt more than is recommended by such a competent authority.

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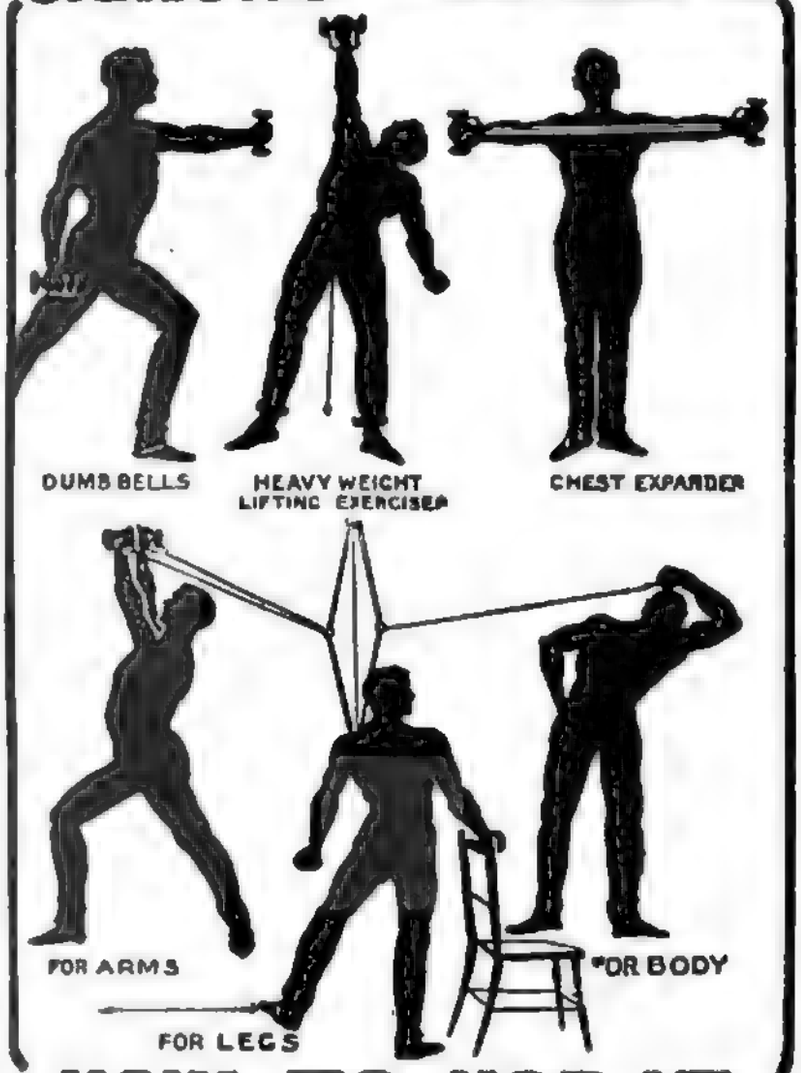

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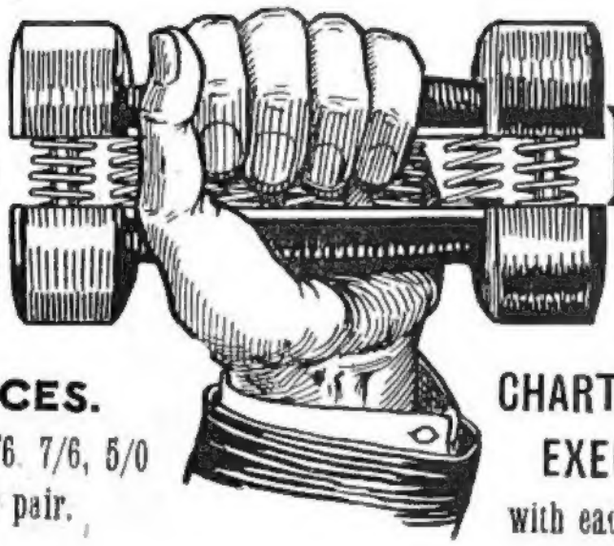

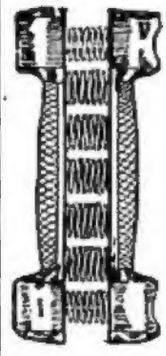

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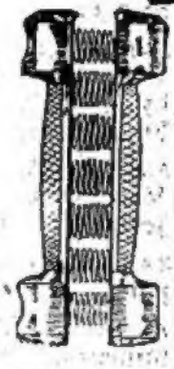

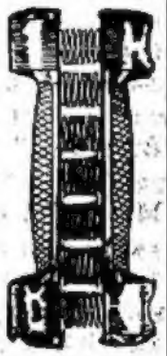

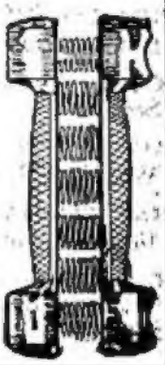

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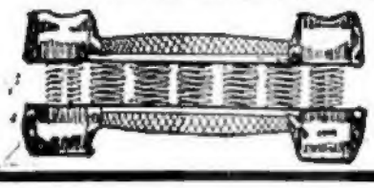

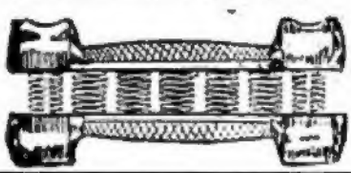

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